

**Abstract**

5 A massage arm (1) comprising a massage element (2) for a  
massage unit which can be mounted on a massage chair or  
other seat or other item of furniture used for seating or  
lying purposes, wherein the massage arm (1) is coupled to at  
least one shaft, which can be displaced in the massage unit  
10 by means of a drive in order to produce a first vibrating  
movement within a first frequency range, and is connected to  
the massage element (2) in an articulated manner. The  
massage element (2) has at least one contact surface which  
acts upon the body of the person receiving the massage.  
15 According to the invention, in order to achieve an improved  
massage effect, a vibration device (8) is provided. Said  
vibration device produces a second vibrating movement which  
is superposed on the first, said vibration movement  
occurring within a higher frequency range in comparison with  
20 the first.